

PPG Newsletter for May 2023

Covid Vaccination Spring Booster

The Spring Booster programme started at the beginning of April 2023 and WDH have been into Beech Tree to vaccinate residents. Local centres started offering vaccinations from 17 April 2023 and this will continue until the end of June 2023. We have invited our eligible patients (Over Age 75 yrs by 30 June 2023) by Text to book an appointment either via the HLOW call centre (0300 561 0018) or the National Booking system:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Local centres are at The Health Hub, Festival place, Brighton Hill Pharmacy, Popley Pharmacy in Basingstoke or Chantry Centre in Andover

Please note that the practice cannot directly book patients into this service. Any other eligible patients will be notified in due course.

Use of On-line Services

Please be aware that the number of On-line services providers continues to increase and with this how they are choosing to develop the interface with our clinical system. WDH have no control over how providers develop and any other services they offer to patients.

We have become aware of a few cases recently due to how “private work” was presented on the same web page as our GP practice booking information and that patients have inadvertently clicked on links to private/fee-pay services. This is outside our control. All services that Watership Down Health offer patients such as consultations with GPs who work for us as well as blood tests, are free at the point of delivery.

Please be mindful when clicking on *private services* that patients only go ahead if they wish to sign up for private services as there will be a charge.

Blood Pressure Monitoring

A blood pressure test is a simple way of checking if someone’s blood pressure is too high or too low. Blood pressure tests can be carried out at a number of places, a local pharmacy and GP practice, or even in some opticians and supermarkets. Each of the Watership Down Health waiting rooms has a blood pressure monitoring machine. Patients can take a reading and then give to Reception for it to be added to the patient’s record.

Home blood pressure monitoring has been identified as a priority for cardiovascular disease management as the NHS recovers from the COVID-19 pandemic and enables patients with hypertension (high blood pressure) to measure and share their blood pressure readings with their GP from their home using a patient’s own digital blood pressure monitor,

There are a variety of low-cost blood pressure monitors available that patients can buy to use at home. If you are buying a blood pressure monitor, make sure it is approved for use in the UK and choose one that has been listed as validated for accuracy by the British and Irish Hypertension Society (BIHS). There are a number of places you can purchase a blood pressure monitor including the British Heart Foundation online shop (<https://giftshop.bhf.org.uk/medical-devices/blood-pressure-monitors>).

Please help us by giving us your readings regularly. Our web site has a helpful Blood Pressure Review form which can be completed: <https://www.watershipdownhealth.com/navigator/blood-pressure-review/>

MIND Wellbeing Practitioners

Charlotte Hughes and Sharon Went will be working as Wellbeing Practitioners for Andover Mind at Watership Down. As part of this role, they will be working with patients who are struggling with their mental health and wellbeing, providing support and short-term recovery focused interventions through a series of 45-minute appointments. Appointments can take place face-to-face in one of the surgeries or over the telephone and these look to equip patients with the skills they need to manage and improve their mental health. If you would like to book an appointment please ask through Reception.

May is National Walking month. Helpful hints are available at:

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

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